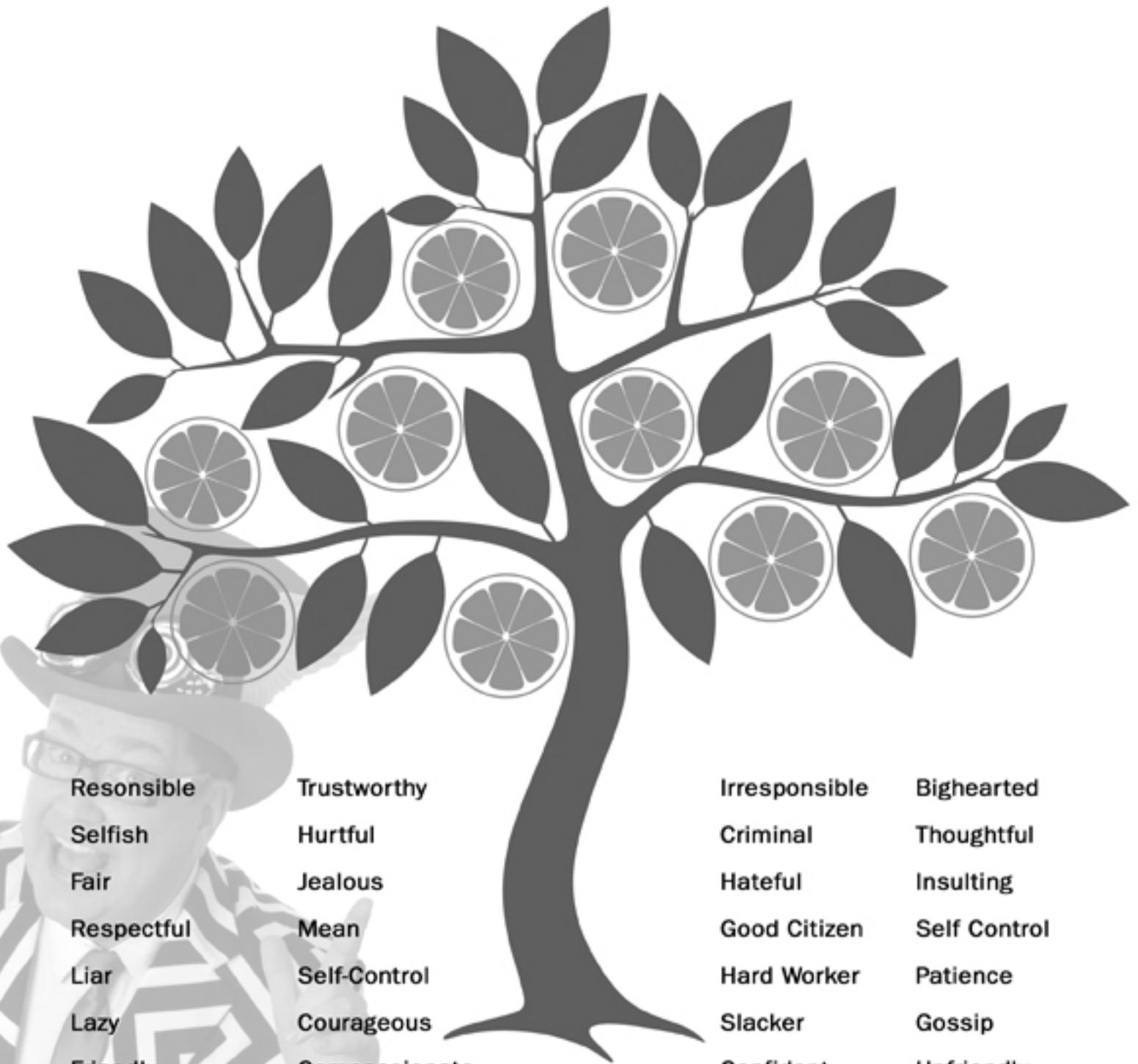




## ACTIVITY PACK

# MY CHARACTER TREE TRAITS

Character traits are simple qualities you have as a person that make you unique and special. Choose ten character traits from the list below that will help you to “grow” in the right direction. Write them over the oranges. Bad character will cause you to wither and skrink, but good character will help you to grow to new heights.



Responsible

Selfish

Fair

Respectful

Liar

Lazy

Friendly

Polite

Trustworthy

Hurtful

Jealous

Mean

Self-Control

Courageous

Compassionate

Loyal

Irresponsible

Criminal

Hateful

Good Citizen

Hard Worker

Slacker

Confident

Complainer

Bighearted

Thoughtful

Insulting

Self Control

Patience

Gossip

Unfriendly

Stubborn

# SAY SOMETHING NICE!

A compliment is when you say something nice about someone or something. Write 3 nice things about yourself below. Think of 3 more positive things to say about a good friend. Finally, write something nice about another student who you may want to become your next friend.

**Three nice things I like about me:**

**3**

**Three nice things I like about a friend:**

**3**

**Three nice things about another student  
I would like to be my new friend:**

**3**

*"No friendship is an accident"*  
O. Henry

# BUILD SOMETHING OF VALUE

You're not truly rich unless you have something money can't buy. When you live your life according to the 6 pillars of character it is the starting point to becoming the most emotionally fit and awesome person you can be. Unscramble the words below and become your most impressive self.

**RATCHACER** \_\_\_\_\_

**MANRENS** \_\_\_\_\_

**MORLSA** \_\_\_\_\_

**PONRESBLES** \_\_\_\_\_

**WORTHTRUSTY** \_\_\_\_\_

**KSSINDNE** \_\_\_\_\_

**TCEPSE** \_\_\_\_\_

**TIENCEPA** \_\_\_\_\_

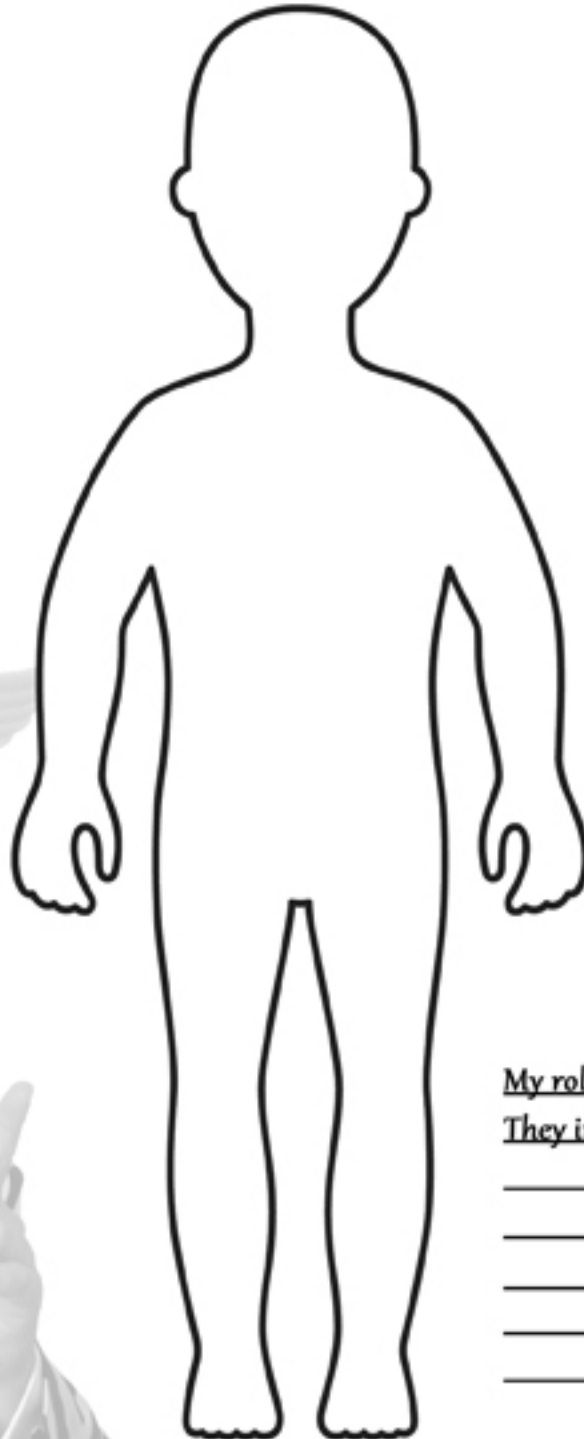
**GRITYINTE** \_\_\_\_\_

**SFARINSE** \_\_\_\_\_

Answers: (1) CHARACTER (2) MANNERS (3) MORALS (4) RESPONSIBILITY (5) TRUSTWORTHY (6) KINDNESS (7) RESPECT (8) PATIENCE (9) INTEGRITY (10) FAIRNESS

# WHO IS YOUR ROLE MODEL?

A great role model is someone in your life that you look up to that inspires you to be your best. Having that special person in your life that can help guide you to make good decisions when life gets tough. Your role model may be different than your friend's role model. Maybe the person you look up to is your teacher. While your friend may look for guidance from an older sibling. Role models can be lots of people like family members, teachers, friends, or even celebrities. Finish the picture below of a role model in your life then write a short sentence about that person explaining why they inspire you to show good character.



My role model's name is

They inspire me because

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# BE A BUDDY, NOT A BULLY

Let's all be caring and responsible citizens at school. Don't stand for bullying. Knowing the difference between a BULLY, VICTIM and a BYSTANDER is the first step to understanding how to protect yourself from being bullied and helping others that are being bullied. Circle the words in the puzzle from the list below. The words appear horizontally, vertically, backwards and diagonally.

H Y J Z F E W F T J I G C D  
U L A O P E A C G M N I V N  
R I H O Y I I Y E I T Q I E  
T M H Z R L O E R I Q I C I  
Y A F N F J T A Z O W O T R  
E F E N N S C E N P C E I F  
L S O E E G N L O B L C M E  
S C X F I S F F I S U E R E  
P E L V H U P L A Y W L H S  
R E E I N R E S P E C T L B  
S S P T R U S T W O R T H Y  
D I B Y S T A N D E R S V U  
E L V Y E C N E B I F N O C  
Y T I L I B I S N O P S E R

BULLY  
BYSTANDER  
VICTIM  
CONFIDENCE  
CONFLICT

RESPONSIBILITY  
HURT  
FAIRNESS  
SELF ESTEEM  
CARING

CITIZENSHIP  
TRUSTWORTHY  
RESPECT  
HELP  
LIE

# ROAD TO SUCCESS

Making a choice to be healthy and to stay away from DRUGS, ALCOHOL and SMOKING will quicken your path to success. Find your way through the maze below by avoiding bad choices. Making it to the center of the maze proves you are a champion of good character.



Smoking

START



Drugs

Alcohol





## ZOMBIE RESPONSE TEAM

Imagine a world in which brain-gobbling Zombies eat bullies. These friendly Zombies are on a mission to make your school a bully-free zone. Decorate a t-shirt for the Zombie Apocalypse using the anti-bullying slogans below (or create your own original Zombie slogan). Remember everything is fun and games until someone gets bit!



**Try these undead slogans to help the Zombies save your school:**

- Bullies Disappear When Zombies Get Hungry!
- Prevent Zombie Outbreaks, Stop the Bullying!
- Zombies Rule! Don't Be A Bully.
- Don't Feed the Zombies!

